WHAT IS CLAIMED IS:

A substrate in an integrated circuit (IC) package, comprising:
 a first surface that has a central opening,

wherein said central opening has an edge,

wherein said edge includes at least one protruding edge portion that extends into said central opening.

- 2. The substrate of claim 1, wherein the substrate is capable of being coupled to a surface of a stiffener that has a central ground ring, wherein said at least one protruding edge portion is configured to extend across a portion of the central ground ring when the substrate is coupled to the stiffener surface.
- The substrate of claim 1, wherein said central opening is substantially rectangular.
- The substrate of claim 1, wherein the IC package is a ball grid array package.
- The substrate of claim 1, wherein said at least one protruding edge portion is tab-shaped.
- The substrate of claim 1, further comprising a trace on said first surface corresponding to said at least one protruding edge portion, wherein said trace extends into said at least one protruding edge portion.
- The substrate of claim 6, wherein said at least one protruding edge portion is configured to allow a wire to couple an IC die to said trace.
 - 8. A substrate in an integrated circuit (IC) package, comprising:

a first surface that has a central opening,
wherein said central opening has an edge,
wherein said edge includes at least one recessed edge portion.

- 9. The substrate of claim 8, wherein the substrate is capable of being coupled to a surface of a stiffener that has a central ground ring, wherein said at least one recessed edge portion is configured to expose a portion of the central ground ring when the substrate is coupled to the stiffener surface.
- 10. The substrate of claim 9, wherein said at least one recessed edge portion is configured to allow a corresponding ground wire to couple an IC die mounted on said surface of said stiffener to said central ground ring.
- The substrate of claim 8, wherein said central opening is substantially rectangular.
- The substrate of claim 8, wherein the IC package is a ball grid array package.
- 13. A substrate in an integrated circuit (IC) package, comprising: a first surface that has a central opening, wherein said central opening has an edge, wherein said first surface includes at least one hole proximate to said edge.
- 14. The substrate of claim 13, wherein the substrate is capable of being coupled to a surface of a stiffener that has a central ground ring, wherein said at least one hole is configured to expose a portion of the central ground ring when the substrate is coupled to the stiffener surface.

- 15. The substrate of claim 14, wherein said at least hole is configured to allow a corresponding ground wire to couple an IC die mounted on said surface of said stiffener to the exposed portion of the central ground ring.
- The substrate of claim 13, wherein said central opening is substantially rectangular.
- The substrate of claim 13, wherein the IC package is a ball grid array package.
- A substrate in an integrated circuit (IC) package, comprising: a surface that has a central opening, wherein said central opening has an edge;

at least one trace on said surface proximate to said edge;

wherein said substrate is capable of being coupled to a surface of a stiffener that has a central ground ring, wherein said edge is configured to cover a portion of the central ground ring when the substrate is coupled to said surface of said stiffener.

- 19. The substrate of claim 18, wherein said edge is configured to allow a wire to couple an IC die to said at least one trace.
- The substrate of claim 18, wherein said central opening is substantially rectangular.
- The substrate of claim 18, wherein the IC package is a ball grid array package.
 - An integrated circuit (IC) package, comprising:

- a substrate that has a first surface, wherein said first surface has a central opening;
- a stiffener that has a first surface, wherein said first surface of said stiffener has a central ground ring, wherein said first surface of said stiffener is attached to said substrate;

wherein said central opening has an edge, wherein said edge includes at least one of:

- (a) a protruding edge portion that extends across at least a portion of said central ground ring,
- (b) a recessed edge portion that exposes a portion of said central ground ring, or
- (c) a hole proximate to said edge, wherein the hole exposes a portion of said central ground ring.
- The IC package of claim 22, wherein said central opening is substantially rectangular.
- 24. The IC package of claim 22, wherein the IC package is a ball grid array package.
- 25. The IC package of claim 22, wherein said first surface of said stiffener has a central cavity that coincides with said central opening of said substrate, wherein said central ground ring surrounds said central cavity.
- 26. The IC package of claim 25, wherein an IC die is attached to said first surface of said stiffener in said central cavity.
- 27. The IC package of claim 22, wherein an IC die is attached to said first surface of said stiffener within said central opening of said first surface of said substrate.

- 28. A method of forming a substrate for an integrated circuit (IC) package, comprising the steps of:
- forming a central opening in a substrate, wherein the central opening has an edge; and
 - (2) forming the edge to include at least one of:
- $\hbox{(a)} \qquad \hbox{a protruding edge portion that extends into the central}$ opening,
 - (b) a recessed edge portion, or
 - (c) a hole through the substrate proximate to the edge.
- 29. The method of claim 28, wherein step (1) includes the step of: forming the central opening in the substrate to be a substantially rectangular shape.
- 30. The method of claim 28, wherein step (1) and step (2) are performed in a single step.